



COUNTYWIDE FITNESS CHALLENGE 2015

Your OCTOBER 2015 Wellness Calendar

~ OCTOBER 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
While supplies last: Complete your Health Risk Assessment & Biometric Screenings to earn \$50 gift cards.		Free Flu Vaccination clinics for county employees all month at various county locations. See attached schedule for a site near you.		1	2	3
4	5	6 FINANCIAL WELLNESS WEBINAR 12 NOON	7	8	9	10
11	12 COUNTY HOLIDAY	13	14 Webinar: Breast Cancer- What You Need to know 12 Noon	15 Healthy Connections: Eating for More Energy (Hall of Administration Room B-62) 12 Noon	16	17 "Play For Life!" Countywide Fitness Challenge Santa Fe Dam Recreation Area
18	19	20	21 Webinar: <u>Cooking for the Holidays</u> 12 Noon	22 Healthy Connections: Breast Cancer Awareness (Hall of Administration Room B-62) 12 Noon	23	24
25	26	27	28 Wellness Fair @ Probation Dept. HQ 9150 East Imperial Highway Downey, CA 90242 Employee Patio	29	30	31 